

## Air Force Medical Corps HPSP Update

# Focus on the Future

## Thoughts on Leadership

### Key Points:

- Trusted Care is being ingrained in all aspects of Air Force Medicine
- To get to a link: 1. Right Click 2. Select open link
- Visit : [www.airforcemedicine.af.mil](http://www.airforcemedicine.af.mil) for updates on what is going on in the Medical Service

**You** are the future of the Air Force Medical Service (AFMS)! Have you heard of Simon Sinek? If not check out his [Ted Talk](#) titled “How great leaders inspire action.” His premise is that people who bring about the most positive change know why they are in a chosen field and inspire those around them to be equally motivated and goal-directed. Have you asked yourself why you do what you do? Check out some the of AFMS What’s Your Why [videos](#).

Trusted care must be a part of everything we do in the AFMS. As you progress through medical school and into residency be aware of factors that make a team work well and also areas for improvement. Engage and contribute where you can and remember that zero harm to patients is our ultimate goal.



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## Air Force Personnel Center—Assignments

It is an exciting, and sometimes anxiety provoking, time for graduating medical students.

For those going to an active duty or civilian sponsored residency AFPC will generate orders once AFIT releases you. Hold off on scheduling movement of your

household goods until then. This usually occurs in late spring. For info on the military move process, and your entitlements, there is a great handbook and other tools on [www.move.mil](http://www.move.mil).

Be sure to keep AFIT and AFPC informed on any changes to your

contact information this spring/summer.

You may experience a gap between when school ends and active duty pay starts. Have a plan to tide you over in case of a gap in your pay.

HPSP does not count towards your time in service; the gaining personnel office may not know this.



Most residencies require an initial fitness assessment on arrival to station. This is the same for arrival to COT. Be ready to pass our test!

*AFMS Mission: To enable medically fit forces, provide expeditionary medics, and improve the health of all we serve to meet the Nation's needs.*



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## Air Force Fitness

As Airmen we are required to maintain a minimum level of fitness. The Air Force Fitness Program is designed to test your endurance. If you adapt a life-style of health and fitness then success should be within reach.

Fitness Charts, Minimum Component Requirements, and more can be found on the AFPC Fitness [site](#).

In summary the areas of body composition (waist measurement), muscular fitness (push-ups/sit-ups) and cardio (1.5 mil

run) are assessed on the Fitness Test. You must pass all components in order to achieve a passing score. Testing occurs annually if you score > 90%, or twice a year if you do not.

During the quarterly call Maj Nye recommended exercising 150 minutes per week with varying intensity. Be sure to have goals for sleep, recovery time after your workouts, and also know that there are resources available in case you need help.

Two such resources that may be

useful in your preparations are the [Human Performance Resource Center](#) and the [ACE Workout Library](#).

Don't be shy to ask for help if you need it. Remember you must have a passing Fitness test to transition each year during GME. If you fail your Fitness test, you are putting your GME training at risk!

## Air Force Institute of Technology

This news is mainly for graduating 4th year medical students.

Reminder: the office that handles your administrative needs will change as you move to residency. For active duty and civilian deferred residents AFPC will now be there to help you. For civilian sponsored residents another office at AFIT will take over.

Be sure to comply with all suspense dates given. To avoid loss of pay, listen in to the call from January for advice if you are considering finishing med school courses and taking a block of leave before graduation.

Active duty benefits begin on the report date listed on your orders. You are entitled to pay back to that date, but there may be a delay in the processing of your first active

duty pay period. Have a plan!

When you in-process you will learn about SGLI (life-insurance) and other benefits. Take note of these benefits and feel free to ask questions.

For those transitioning to Active Duty, you will be given travel benefits based upon the distance to your new duty location.

## Connect with your Air Force Medical Corps

Over the past year and a half the membership of our AF HPSP Facebook [group](#) has grown to nearly 2300 members.

In this closed Facebook group you have the ability to reach out to your peers, recent graduates, and also obtain advice from

program directors, program managers, and other Air Force staff.

There is no requirement to join. All information on residency programs is also shared on the AFPC Physician Education Branch website.

We also have a public Facebook

page. Feel free to follow us if you'd like. This [page](#) posts and shares info that can inform you on the broader picture of what is going on in Air Force Medicine.

## Air Force Personnel Center—Physician Education

Col Forgione gave a great summary on the current status of Air Force Graduate Medical Education.

In regards to the 2017 Joint Service Graduate Medical Education Selection Board (JSGMESB) there was an 85% match rate. In the Air Force any students not-selected for their choice of specialty obtained a PGY-1 position and have the opportunity to reapply next year. Look out for an announcement

regarding a summer informational session on the 2018 process.

There were some difficulties with the software for MODS this year. The AFMS appreciates your patience and understands how frustrating technology issues can be.

Here are some highlights of what the Physician Education Office needs from graduating med students this spring: going to a civilian deferred residency = a PD acceptance letter is needed;

civilian sponsored residency = a signed training agreement is needed. For all: turn in a copy of your step 2 CS / Level 2 PE score sheet & final transcript with degree conferral information.

Notify AFPC & AFIT anytime your contact info changes! For new medical students, be sure to browse the Physician Education [site](#). It has a lot of great info!



Don't forget to check out the Physician Education Branch [website](#).

## Consultant to the Surgeon General-Neurology

We recently heard from Col Sladky of adult Neurology. If you are interested, or curious, about a career in neurology check out his presentation from January (posted on the Facebook page or the Physician Education Branch site).

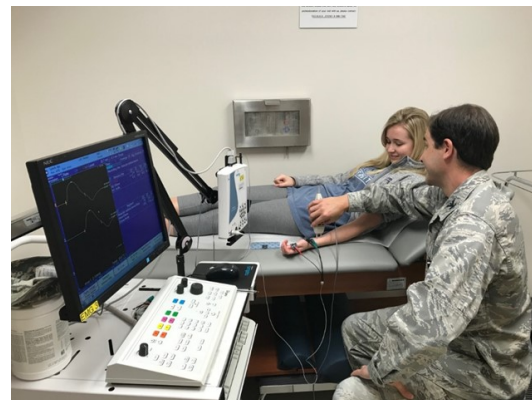
The field of neurology is advancing and there are many procedures and therapies that neurologists help facilitate in the

treatment of their patients.

The residency program is 4 years long—1 year of Internal Medicine and 3 years of Neurology. There are fellowship opportunities as well.

There is a 100% board certification exam pass rate over the last 10 years. Contact Dr. Sladky at [john.sladky@us.af.mil](mailto:john.sladky@us.af.mil) for any questions.

[Reach out](#) to us in the Medical Corps Office if you are looking for a neurology mentor.



## Consultant to the Surgeon General-Preventive Medicine

We also recently heard from Col Oh of Preventive Medicine. This unique career field gives doctors the opportunity to practice all over the globe.

Preventive Medicine is a 2 year residency that occurs after internship. At graduation from the

residency you will have an MPH (or an equivalent degree). Training occurs at USUHS or a civilian institution.

Interested in career in Preventive Medicine? Please contact Dr. Oh at [john.y.oh.mil@mail.mil](mailto:john.y.oh.mil@mail.mil).





*The Mission of the Air Force Medical Corps is to “Attract, develop and sustain a diverse population of highly qualified, top performing physicians to influence/change the practice of medicine and delivery of health care in support of the Air Force mission to fly, fight, and win.”*

*The editor of this quarterly newsletter is the Medical Corps Force Management Fellow. The position is currently held by Maj Nitasha Garcia. For feedback on the newsletter please contact the Medical Corps team organizational e-mail box at [usaf.pentagon.af-sg.mbx.afmsa-afmc-workflow@mail.mil](mailto:usaf.pentagon.af-sg.mbx.afmsa-afmc-workflow@mail.mil).*

[usaf.pentagon.af-sg.mbx.afmsa-afmc-workflow@mail.mil](mailto:usaf.pentagon.af-sg.mbx.afmsa-afmc-workflow@mail.mil)

### AFMS Physicians Leading and Transforming Healthcare

**When you have a CAC  
(military ID) visit us on  
the [Knowledge Exchange](#)**

## Consultant to the Surgeon General—Emergency Medicine

We recently heard from Lt Col Nurani Kester and program directors from Emergency Medicine.

Emergency Medicine is an exciting career field if you are looking for a combination of clinical and operational experiences. Emergency Medicine doctors have the opportunity to travel the world on deployments, humanitarian medicine expeditions, as well as specialized teams such as the ground surgical team.

Training is offered at several sites, including San Antonio Military Medical Center, Wright Patterson Air Force Base (Dayton), Nellis Air Force Base (Las Vegas), and Travis Air Force Base (near San Francisco). There are also

opportunities to train in a deferred status at a civilian program.

In all, there are a broad array of training opportunities (including fellowships) as well assignment choices after completing training in Emergency Medicine. If you have questions please contact Dr. Kester at [Nurani.m.kester.mil@mail.mil](mailto:Nurani.m.kester.mil@mail.mil).



Antarctic medical evacuation. [Click here](#) to read more.